



CATHOLIC CHARITIES ADULT DAY SERVICES



**JUNE 2019 MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> Meatless Turkey Salad Spin Potatoes Sautéed Vegetables</p> <p><b>SNACK:</b> Lunchmeat Sandwich Salsa Cheese</p>	<p><b>4 BREAKFAST:</b> Waffles/Fruit Gran Mls</p> <p><b>LUNCH:</b> Sautéed Turkey Steak Sautéed Potatoes Omelette on the Side</p> <p><b>SNACK:</b> Cheese Cubes Pretzels</p>	<p><b>6 BREAKFAST:</b> Toast/Fruit Cereal/Gran Mls</p> <p><b>LUNCH:</b> Fried Crispy Chicken Mixed Salad/Bony Dressing</p> <p><b>SNACK:</b> Green Bean Casserole Gran Mls</p>	<p><b>8 BREAKFAST:</b> Fruit Smoothie/Toast Gran Mls</p> <p><b>LUNCH:</b> Chicken Stir Fry Fruit Rice Cheesy Potatoes</p> <p><b>SNACK:</b> Banana Bread Gran Mls</p>	<p><b>9 BREAKFAST:</b> Eggy Cereal/Fruit Gran Mls</p> <p><b>LUNCH:</b> Sautéed Fish Sautéed Potatoes Broccoli</p> <p><b>SNACK:</b> PB Crackers Gran Mls</p>
<p><b>10 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> Baked Ham Mac-N-Cheese Broccoli Spaghetti</p> <p><b>SNACK:</b> Meat Potatoes Diet Soda</p>	<p><b>11 BREAKFAST:</b> Fruit/Gran Mls Gran Mls, Fruit</p> <p><b>LUNCH:</b> Baked Turkey Sautéed Potatoes Sautéed Spinach</p> <p><b>SNACK:</b> Nutella Sandwich Banana</p>	<p><b>12 BREAKFAST:</b> Muffin/Yogurt Fruit/Gran Mls</p> <p><b>LUNCH:</b> Hot Salad Sautéed Potatoes Sautéed Carrots</p> <p><b>SNACK:</b> Tuna Salad Whole Crackers</p>	<p><b>13 BREAKFAST:</b> Pancakes/Fruit Gran Mls</p> <p><b>LUNCH:</b> Meatless Turkey Green Beans Sautéed Potatoes</p> <p><b>SNACK:</b> Cheese Slices Potatoes</p>	<p><b>14 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> 4 Cheese Lasagna Fruit/Gran Mls Sautéed Potatoes</p> <p><b>SNACK:</b> Fruit and Cream Cheese</p>
<p><b>17 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> Sautéed Chicken Sautéed Green Beans Sautéed Potatoes</p> <p><b>SNACK:</b> Meat Potatoes Gran Mls</p>	<p><b>18 BREAKFAST:</b> Fruit Smoothie Toast/Gran Mls</p> <p><b>LUNCH:</b> Sautéed Salmon Sautéed Potatoes Sautéed Spinach</p> <p><b>SNACK:</b> PB Crackers Gran Mls</p>	<p><b>19 BREAKFAST:</b> Eggy Cereal/Toast Fruit/Gran Mls</p> <p><b>LUNCH:</b> Crispy Fish Mixed Vegetables Fruit Cup, Gran Mls</p> <p><b>SNACK:</b> Pasta Salad Whole Crackers</p>	<p><b>20 BREAKFAST:</b> Smoothie/Fruit Cereal/Gran Mls</p> <p><b>LUNCH:</b> BBQ Pork Steak Green Beans Cajun Vegetables</p> <p><b>SNACK:</b> Apple Butter Whole Toast</p>	<p><b>21 BREAKFAST:</b> Cereal/Fruit Gran Mls</p> <p><b>LUNCH:</b> Hot Salad Mixed Potatoes/Vegetables Cajun Chicken</p> <p><b>SNACK:</b> Crispy Potatoes Crispy Steak</p>
<p><b>24 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> Sautéed Chicken Complete Potatoes Sautéed Potatoes</p> <p><b>SNACK:</b> Peanut Butter Santitas/Gran Mls</p>	<p><b>25 BREAKFAST:</b> Fruit/Gran Mls Yogurt, Gran Mls</p> <p><b>LUNCH:</b> Hot Dog/Bun Pasta Salad Crispy Potatoes</p> <p><b>SNACK:</b> Mixed Berry Cobbler Gran Mls</p>	<p><b>26 BREAKFAST:</b> Eggy Cereal/Toast Fruit/Gran Mls</p> <p><b>LUNCH:</b> Sautéed Salmon, Potatoes Sautéed Potatoes Fruit Cup, Gran Mls</p> <p><b>SNACK:</b> Muffin Gran Mls</p>	<p><b>27 BREAKFAST:</b> Smoothie/Fruit Toast/Gran Mls</p> <p><b>LUNCH:</b> Sautéed Chicken Breast Mixed Vegetables Fruit Cup</p> <p><b>SNACK:</b> Cottage Cheese Whole Crackers</p>	<p><b>28 BREAKFAST:</b> Eggy Cereal Fruit/Gran Mls</p> <p><b>LUNCH:</b> Pasta Potatoes Mixed Potatoes/Gran Mls Crispy Potatoes</p> <p><b>SNACK:</b> Whole Crackers Yogurt</p>

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\*\*THE LUNCH MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE\*\*